NORTHWEST WASHINGTON SYNOD
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"Soundings"

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Graduate Theological Union
MAY 22 1991

FROM THE BISHOP

Dear Friends,

One of the gifts of the Spirit that is not always recognized is the gift of administration. This month I want to give YOU a pat on the back for demonstrating a high level of cooperation in the returning of parochial reports and statements of intent for 1991.

All but three of the parochial reports, and over 80% of the congregational statements of intent have been returned to the Synod Office. These are administrative details that help us function as an organization. Your willingness and attention to these details are much appreciated, and make the administrative work of the Bishop's Office much easier.

A second piece of news in the Synod related to the first is the report from our treasurer that synodical giving for the first quarter of 1991 is up 14% from the same period last year. Most congregations are sending their benevolence in monthly. This enables local and churchwide agencies to carry out their programs of ministry consistently.

These facts confirm for me that we have come together as a synod. We are partners working together to fulfill our mission of bringing the Gospel of Jesus Christ to our neighbors both near and far.

Thanks be to God!

Sincerely,

Lowell E. Knutson

Lowell E. Knutson, Bishop

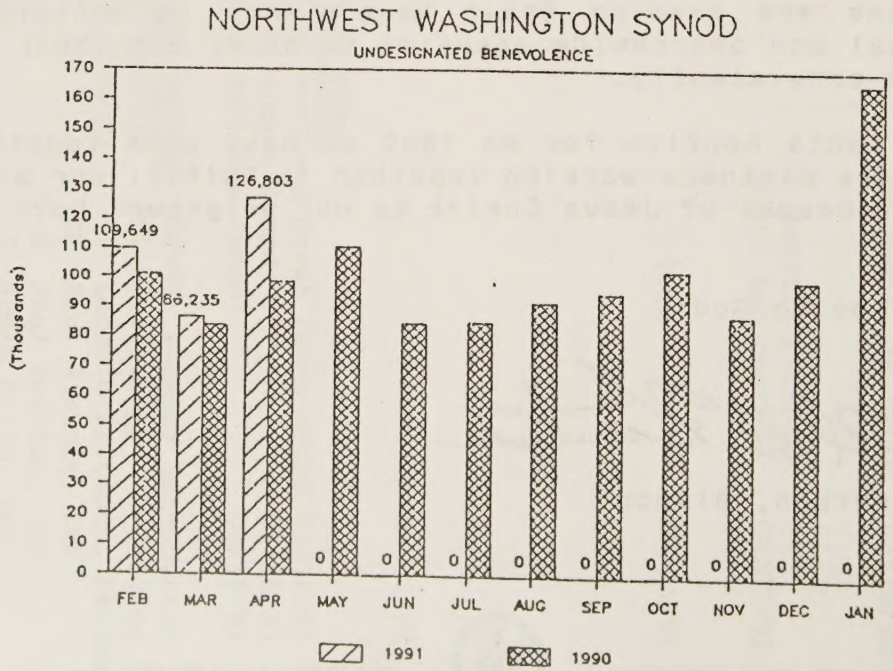
TREASURER'S REPORT
GENERAL FUND
FIRST QUARTER ENDING APRIL 30, 1991

Financial support from congregations for the first quarter of the fiscal year (February-April) exceeded the same period of last year by 14.3%. An early Easter in 1991 impacted April receipts at the Synod, whereas in 1990, much of the Easter impact was felt in May. However, February and March combined reflected a 6.6% improvement over last year's similar period, and strengthens the belief that congregational giving is on an improving trend. As a further comparison, total revenues for the year which ended January 31, 1991, was 3.2% better than the prior year.

The Synod's current year's commitment to the ELCA Churchwide is $555,000, which equates to 45.5% of the budgeted level of undesignated receipts from the congregations within the Northwest Washington Synod. Remittances to Churchwide for the first quarter were made on this basis, and account for $11,550 of the total variation from budget for disbursements, as shown in the summary below. All commitments for extended ministries were made at budgeted levels for the quarter. The balance of the disbursement variation reflects some seasonal expense items, partially offset by under-budget experience in programmatic areas.

	ACTUAL	BUDGET	VARIATIONS OVER/(UNDER)
Revenues:			
February and March 91	$ 197,492	$205,000	$ (7,508)
April 91	127,896	102,500	25,396
Total Revenues	$ 325,388	$307,500	$ 17,888
Total Disbursements	$ 321,668	307,500	14,168
Total Revenues over Disbursements	$ 3,720	-0-	$ 3,720

THANK YOU FOR YOUR SUPPORT!



ANNOUNCEMENTS

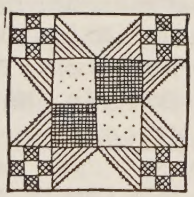
SYNOD ASSEMBLY REMINDERS

Our annual Synod Assembly is coming soon! Pre-assembly packets containing a great deal of important information for delegates have been mailed to all congregations. Please make sure that your delegates receive these packets in plenty of time to read their contents prior to the assembly on June 7-9. There are 26 resolutions to consider this year, and everyone must do their homework!

Bringing Light Into Darkness

CALLING ALL TEDDY BEARS!

In response to the assembly theme, *Bringing Light Into Darkness: A Lutheran Response to Domestic Violence,* congregations are invited to bring quilts, blankets, stuffed animals, and other toys as an offering for women and children who are victims of domestic violence. Please bring your donations before 10:00 am, if possible, on Friday, June 7 to the display area; they will be displayed on the walls of the ballroom during the sessions, and will be distributed after the assembly to several rape relief and shelter agencies (listed in the pre-assembly packet).



SYNOD ASSEMBLY ADDRESS & PHONE

Please note the following information for the Synod Assembly:

Red Lion Hotel
300 - 112th Ave SE
Bellevue, WA 98004
455-1300, room 112 for synod office

POST-ASSEMBLY GATHERING FOR WOMEN

All women are invited to attend "In Our Own Voices",a gathering of women following the Synod Assembly, sponsored by Lutheran Social Services Northwest Area Office, on Sunday, June 9 4:00 pm to Monday, June 10,

(continued next column)

GATHERING FOR WOMEN (cont.)

ending at 2:00 pm. Those gathered will create their own theology and practice out of their own experiences and struggles with patriarchal Christian theology. The Synod Assembly keynote speaker, Elizabeth Bettenhausen, will be a participant. Elizabeth is a feminist theologian with expertise on the Christian theological oppression of women.

This event will take place at Grace Lutheran Church in Bellevue. The Red Lion Hotel has agreed to a special "assembly rate" of $60.00 per room for Sunday night (two queen beds). The registration cost is $35.00, or $20.00 for women with limited income. Register right away by calling Joleen or Naomi at 672-6009.

A NEW PUBLIC POLICY RESOURCE

A new study resource titled The Evangelical Lutheran Church in America and Public Policy Advocacy has recently been published by the Department for Studies of the ELCA Commission for Church in Society. This publication brings together papers presented at a 1989 consultation in Washington, D.C. It can be a valuable resource for continuing deliberation about advocacy in our church.

Copies may be ordered from the ELCA Distribution Service by calling 1-800-328-4648. Use order code 69-3577. Cost is $3.00 per copy, plus postage and handling.

MUSICIAN PLACEMENT SERVICE

A placement information service is available for musicians seeking part-time and full-time employment in Lutheran churches through the Association of Lutheran Church Musicians (ALCM). There is no charge to churches to list available listings, nor is there a charge for ALCM members who receive the monthly mailing. Requests should be sent to Norma Aamodt-Nelson, Our Savior's Lutheran Church, 815 S. Washington St., Naperville, IL 60540; (708) 355-2522).

Also available at no charge is an "Annotated and Selected List of Professional Concerns Resources", which provides information on sources of job descriptions, compensation guidelines, etc. for church musicians and personnel committees. For a copy, contact Delores Bruch, School of Music, University of Iowa, Iowa City, IA 52242.

OUR COMPANION SYNOD IN AFRICA

As part of MISSION90, our synod's Companion Synod is the Northern Synod of the ETHIOPIAN EVANGELICAL CHURCH MEKANE YESUS (EECMY). This summer there will be an opportunity to learn more about the Ethiopian culture. During the last week of June, June 29-July 7, about 4,000 Ethiopian soccer players and their fans are gathering in Seattle for the 8th national soccer tournament of the Ethiopian Sports Federation in North America. Events showcasing Ethiopian culture--a fashion show, music, food booths and children's activities--will be part of the festivities.

SYNOD CONGREGATIONS SUPPORT MISSIONARIES

Several of our congregations are supporting missionaries through the Missionary Sponsorship/Designated Gifts Program of the ELCA Division for Global Mission. The churches and the missionaries they sponsor are as follows:

MISSIONARY SPONSORSHIP

C. Arthur Schultz--Anacortes, Anacortes

Dean Sawhill--St. Andrew's, Bellevue

Carl & Ruth Gabrielson--Cross of Christ, Bellevue

Nathan & Sharonette Bowman--Burlington, Burlington

Thomas Christensen--Our Savior, Issaquah

Wendell & Faith Friest--Kent, Kent

Daniel & Karen Bloomquist--Sammamish Hills, Redmond

Peter & Marian Rasmussen--St. James, Seattle

Jan Ruud & Linda Faaren--Prince of Peace South, Seattle

James Sack--Bethel of Shoreline, Seattle, and Central, Bellingham

Everett & Ardyth Savage--Bethel of Shoreline, Seattle, and Our Saviour's, Stanwood

To become a sponsor, or to receive more information about Missionary Sponsorship, contact Mary Johnson, ELCA Division for Global Mission, 8765 W Higgins Rd, Chicago, IL 60631.

A/V CORNER by Christine Brass

Do you know you have a number of videos, audio cassettes, films, and filmstrips available for your use FREE OF CHARGE? YES! The Region 1 A/V Resource Center serves all the congregations in the synods of our region. Borrowers are only responsible for the return postage, either First Class mail or UPS. Why First Class or UPS? In the event that a video is lost in transit, it is MUCH easier to trace through First Class and UPS than it is through Book Rate/Third Class mail. Also, the only three videos that have been lost in the mail during the last 3.5 years were sent Book Rate/Third Class.

What is in the A/V Resource Center? Over 500 titles of videos, audio cassettes, films, and filmstrips covering topics from Advent, Advocacy, and Africa to Witness, Youth Culture and Concerns, and Youth Ministry Resources. Each congregation was sent a copy of the most recent catalogue in March 1990 and an update in July, 1990. If you cannot locate these resources in your church, an additional copy is available from the A/V Resource Center for $4.50. A new update will be published soon, so look for it in your mail.

If you are looking for a particular resource or have any questions, contact Christine Brass at the ELCA Region 1 A/V Resource Center, 766-B John Street, Seattle, WA 98109, 206/624-0093.

NEW CAMPUS MINISTRY VIDEO AVAILABLE

In the May-June issue of Seeds for the Parish, the first page contained an article about the new campus ministry video, "On Location with Campus Ministry". It takes viewers to five campuses nationwide in 15 minutes, providing a quick look at the variety and unity of the ELCA's campus ministry at state and private universities.

Our own Western Washington University in Bellingham is one of the campuses featured. The videotape can be borrowed from the Region 1 A/V Resource Center. A campus ministry poster, "Sometimes the Bear's Got to Go", is also available FREE from the ELCA Distribution Service by calling 800/328-4648 (code 67-5024).

MORE ANNOUNCEMENTS

LUTHERAN FREE CHURCH REUNION

June, 1991, marks the 30th anniversary of the vote by the Lutheran Free Church to merge with the American Lutheran Church. A west coast reunion of those who were part of the LFC will be held on Sunday, June 9 at the old Ballard Lutheran Free Church (now a Seventh Day Adventist Church) at 2054 NW 61st Street, Seattle.

A service following the order of worship in the Concordia hymnal will be held at 3:00 pm. All who have sung in a LFC choir are asked to arrive by 2:15 pm for rehearsal. Following the worship service, the old cornerstone will be removed and the time capsule (providing one exists) will be opened. A pot-luck supper will follow.

Contact persons for the reunion are Pastor Bob Moylan (392-0400 or 867-9312) or Pastor Neal Snider (392-0400 or 252-6994).

LUTHERAN COMPASS CENTER OPEN HOUSE

There will be an open house featuring the remodel of the men's shelter, kitchen and dining area at Lutheran Compass Center on June 4, 4-6:00 pm. All are invited to come and see the improvements!

CAMP LUTHERWOOD OPEN CAMP DAY

Camp Lutherwood, your outdoor camp ministry on Lake Samish near Bellingha, invites all Western Washington Lutherans to its OPEN CAMP on Saturday, June 15. OPEN CAMP is like an "open house". Lutherwood will be available to everyone.

This all-day event will begin at 8:30 am with a lakeside volksmarch, and will close after dark with a campfire vespers. A pancake breakfast, picnic lunch, and spaghetti dinner will be served to complement a full day of scheduled events. OPEN CAMP promises to be 12 hours of food, fellowship, and fun.

For details, call 734-7652

MISSION90--*SEE: GROW: SERVE* by Randy Sinn

MISSION90 is being implemented by many congregations in many creative ways, enabling people to COME, SEE, and GROW in their Christian mission and commitment. COME to the

(continued next column)

MISSION90 (cont.)

Synod Assembly where a short video presentation will be made to the whole assembly. This will help you to SEE ways of using MISSION90 materials in your congregation and to help people GROW in their Christian commitment and mission.

LUTHERANS RESPOND TO CURRENT WORLD DISASTERS

Recent electronic mail messages received in the synod office have given us updates on the disaster relief activities of Lutheran World Relief in three areas: war and famine victims in the African countries of Ethiopia, Sudan, and Mozambique; Iraqi refugees (including the Kurdish people); and Bangladesh cyclone victims.

The ELCA World Hunger Appeal is also channeling disaster relief efforts through the World Hunger Appeal basic budget, and through the Disaster Response Fund. It is requested that designated contributions be sent to the "Disaster Response Fund", to allow flexibility in administering these funds in a timely fashion to disaster victims in many areas of the world.

YOUTH NEWS

1991 SERVANT EVENTS--WEST

For memorable, "real-life" summer opportunities for youth, check out SERVANT EVENTS--WEST. Several of these exciting summer service experiences still have room. Call 624-0093 for information.

LEADERSHIP TRAINING SCHOOLS-1991

Has your congregation registered for Leadership Training School? Two opportunities are available for Region 1 young people and advisors: June 15-18 at Flathead Lutheran Camp, near Kalispell, Montana; August 15-18 at PLU, Tacoma.

Leadership Training School (LTS) is a practical, hands-on opportunity for learning skills and resources to use in local congregations. Up to three young people and one adult from each congregation may attend. In order to receive maximum benefit for local congregations, those attending from each congregation must attend the same LTS; both schools are open

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LEADERSHIP TRAINING SCHOOL (cont.)
to everyone in Region 1.

Mark Ramseth and Dawn Dohrman will be speakers at LTS--East; Val Starr and Minh Ngyuen will speak at LTS--West. Music will be led by David Lee Brown (LTS--East) and Tim Uecker and Chuck Carlson (LTS--West).

New this year is LTS II, held in conjunction with each LTS, for gifted youth leaders who have already successfully completed one LTS.

Complete registration materials, including materials for LTS II, have been mailed to each congregation. If you have questions, please contact the appropriate coordinator:

LTS--East: The Rev. Tim Bauer, St. John Lutheran Church, 5300 - 9th Ave S, Great Falls, MT 59405; 406/453-6721.

LTS--West: The Rev. Sandra Kreid, Mountain View Lutheran Church, 3505 - 122nd Ave E, Puyallup, WA 98372; 206/863-5171.

Registration deadlines are June 1 for LTS--West and August 1 for LTS--East.

YOUTH PEACEMAKING RESOURCES

Helpful peacemaking resources for young people are available from Lutheran Peace Fellowship, 4329 Tokay Blvd, Madison, WI 53711; 608/238-8223. In addition, the Region 1 Youth Ministry Office is compiling a list of peacemaking resources from a variety of sources which will be available in late spring.

CONTINUING EDUCATION

SUMMER AND FALL OFFERINGS FROM LITE

Remember the continuing education events for both clergy and laity offered by LITE this summer. The annual SUMMER INSTITUTE OF THEOLOGY July 8-11 at Pacific Lutheran University, Tacoma, will study "Bible Reading, Teaching the Faith & Human Liberation: Reviewing the Basics", with three outstanding teachers/theologians.

Lutheran Institute for Theological Education

The eighth biennial THEOLOGICAL CONFERENCE Sept 30-Oct 3 at Holden Village will have an exceptional guest list, including Douglas John Hall, Elizabeth Bettenhausen, and Peter Steinke. This conference is open only to church/agency

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HOLDEN THEOLOGICAL CONFERENCE (cont.)
clergy, staff, and their spouses, and it is filling up fast! They can accommodate 280 people, and 100 have registered already. Cost is $185/person, including room & board, boat fare, and tuition. Be sure to check with those persons you have in mind for roommates, to be sure they have registered!

GEM SCHOLARSHIPS AVAILABLE

GEM (Growth in Excellence in Ministry) is a new program of the ELCA with funding from Lutheran Brotherhood to provide emphasis on continuing education for clergy and associates in ministry. The availability of scholarship funds (up to $100) is based on need, and completion of a Continuing Education Covenant.

GEM

LITE will be able to provide scholarships for both its Summer Institute of Theology at PLU and the Theological Conference at Holden. Persons needing scholarship help are encouraged to register for these programs and send in their deposit, noting their request for scholarship aid. An appropriate GEM voucher will be sent to apply for scholarship assistance.

ACADEMY FOR EVANGELISTS

You are invited to the fifth annual conference of the Academy for Evangelists this summer at three different sites: Trinity Lutheran Seminary, Columbus, Ohio, June 3-7; Wagner College, Staten Island, New York, July 15-19; and Oglethorpe University, Atlanta, Georgia, August 5-9. The 1991 theme is "If We Are Silent...". Cost is $290, which includes program fees, housing, meals, and materials. There are reduced fees for persons choosing to make their own housing and/or meal arrangements.

For registration materials, write or call the Institute for Mission in the USA, Trinity Lutheran Seminary, 2199 East Main St, Columbus, OH 43209; 614/235-4136.

LITURGICAL MUSIC INSTITUTE AT GONZAGA

Gonzaga University offers their Liturgical Music Institute and summer courses in music and worship July 1-5 in Spokane. The featured event will be "Psalms: the Song of the Church, the Backbone of the Liturgy." For details and registration form, contact Gonzaga University Liturgical Music Institute, Attn: Edward Schaefer, Department of Music, Gonzaga University, Spokane, WA 99258.

MORE CONTINUING ED

ADULT FAITH DEVELOPMENT CONFERENCE

Adult Faith Resources announces SYMPOSIUM '91: BABY BOOMERS FACE MIDLIFE: IMPLICATIONS FOR CONGREGATIONS IN THE NINETIES. An increasing number of church leaders are convinced that this topic could well lead to some of the church's most important ministries with adults during the next decade. People in their late 20's, 30's and early 40's comprise 33% of the populations. They are at the typical age when people return into active involvement in institutional religious life.

Symposium '91 is offered August 4-8 at University of St. Thomas, St. Paul, Minnesota. Many exciting resource leaders will be featured. Marty Haugen and Sue Seid-Martin, nationally known liturgical musicians, will plan and lead the worship experiences.

To obtain details and registration materials, call or write Adult Faith Resources, 9709 Rich Rd, Minneapolis, MN 55437-2025, 612/835-1579.

W A N T A D S

MUSIC POSITIONS OPEN

Prince of Peace in North Seattle has a position for an organist. Interviews are occurring now for this position, which begins September 1. Call Pastor Lee Kluth at 363-8100 or 488-4229.

Oak Harbor Lutheran is accepting applications for Director of Music. This could be a year-round part-time position, with responsibility for the entire music program of the church. Salary DOE. Apply to Oak Harbor Lutheran Church, 8723-800th Ave W, Oak Harbor, WA 98277; 206/679-1561.

Trinity, Lynnwood, is seeking a full- or part-time permanent staff person to direct the worship and handbell choirs. Contact Kim Myhre, Worship Chair, or Pastor Rick Rouse, at Trinity Lutheran church, 6211-196th SW, Lynnwood, WA 98036, 206/778-2159.

FREE ITEMS

Lakeridge Lutheran has a Sharp copier, Rex Rotary mimeograph and scanner, Rex Rotary duplicating machine, and two large portable blackboards (72 x 62 x 29) to give away. Call 772-0400.

MORE FREE ITEMS

First, Richmond Beach, has two large portable altars and two red-cushioned chancel benches. Call 546-4153 or Jane Petersen, 542-3200.

ORGANIZE YOUR VACATION BIBLE SCHOOL

Do you need help in getting your VBS organized? Help is on the way! ELIZABETH JENSEN, an associate in ministry and recent graduate of Luther Northwestern Theological Seminary, is available on a volunteer basis to help congregations with their VBS programs. Don't wait! Call Elizabeth at 206/362-2234.

JOB OPPORTUNITY

The Lutheran Alliance for Transitional and Community Housing (LATCH) announces a half-time position, ADMINISTRATIVE COORDINATOR OF A HOUSING NON-PROFIT. Responsibilities include research and evaluation of housing project opporunities; project management for site control, design development, construction, or rehabilitation; preparation of grant and loan applications; monitoring of annual budget; and coordination of volunteers. BA degree preferred; closing date June 14. Send resume and cover letter to LATCH, c/o Lutheran Social Services, 6920-220th St SW, Mountlake Terrace, WA 98043.

DIRECTOR FOR STUDENT SERVICES

Lutheran Bible Institute of Seattle, located in Issaquah, is seeking a professional person to serve as Director for Student Services. Resporting to the Vice President for Academic Affairs, responsibilities include leadership for the entire area of student services, including counseling, financial aid, health services, residential and social life, student government and conduct, and campus physical fitness program. This position holds faculty rank and may allow limited classroom teaching.

Master's degree required, plus commitment to the mission of Lutheran Bible Institute. Apply by June 1 to Student Services Search, Lutheran Bible Institute of Seattle, 4221-228th Ave SE, Issaquah, WA 98027.

ASSOCIATE CHAPLAIN

Gettysburg College located in Gettysburg, Pennsylvania, 80 miles north of Washington, DC, has an opening for an Associate

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ASSOCIATE CHAPLAIN (cont.)
Chaplain, beginning in the fall of 1991. The chaplains lead public worship, counsel students and other campus personnel, help students and faculty explore theological issues, plus many other duties. Parish experience preferred. Women and minorities are encouraged to apply.

Send letter of application, resume, two sermons, and three letters of recommendation to Search Committee, Chapel Office, Box 427, Gettysburg College, Gettysburg, PA 17325. Review of applications will begin after June 1. For more information, contact Chapel Office, 717/337-6280.

VOLUNTEERS NEEDED

Bethany of the Northwest at Silver Lake in Everett is recruiting volunteers in the following areas: chapel escorts, organists for chapel services, resident care assistants, and friendly companions. If you can offer your help by contributing some of your time in service for the elderly, call Jannice Weaver at 338-3000.

SYNOD/REGIONAL FAMILY

We remember in prayer the families who mourn the loss of their loves ones: Edward Rice on April 13; Eugene Stime on May 5; the sister of John Finstuen on April 25; the father of Maynard Atik on April 11; and Adella Tietz on May 6 . . . Albert Tietz has been hositalized at Valley Medical in Renton and is awaiting placement in a nursing home; John Recher is recovering well from heart by-pass surgery; Cecelia Fjellman is recovering from shoulder surgery; remember Harvey Blomberg in the Oregon Synod, facing a long recovery after back surgery . . . Lauryl Ivers-Price, a member of Sammamish Hills, Redmond has received a full-tuition Quest Scholarship to study toward a master of divinity degree at Luther Northwestern Theological Seminary. Congratulations! . . . we have heard from Carl Mau, serving as one of the pastors at St. Thomas Church in Leipzig, Germany. He sends his greetings and says, "It is daunting to be preaching where Luther has preached a number of times, and where J.S. Bach spent much of his creative time. The music at all of the services and events is out of this world--heavenly indeed!"

IN MEMORIAM

EDWARD F. RICE
August 16, 1908 - April 13, 1991

Pastor Edward Rice was known as a globe-trotter for Christ. He served eight years in missions, and visited European, African, Middle East, and Asian missions for the World Mission Prayer League. He was in 1933 at Grace Lutheran Church in Fort Wayne, Indiana, and served in the following places:

-St. Paul's of Westerville, Ohio
-Northwest Ohio Social Services, Lima Ohio
-Zion, Hartford City, Indiana
-Martin Luther, Cleveland, Ohio
-Ascension, Los Angeles, California
-WMPL missionary, La Paz, Bolivia
-Loving Shepherd, Gardena, California
-WMPL missionary, Cuenca, Ecuador
-Eastern Secretary of WMPL and part-time assistant at St. Peter, Norwalk, Ohio

Pastor Rice retired in 1973 and later moved to Washington. He was a member of Sammamish Hills Lutheran in Redmond. He is survived by his wife, Elizabeth, and his children, Sharon and Stephen.

EUGENE V. STIME
February 14, 1910 - May 5, 1991

Dr. Eugene Stime was well known for his outstanding administrative skills and his vast teaching experience, both in and out of the classroom. He was ordained in 1939 in the Evangelical Lutheran Church. He received an honorary doctoral degree from Pacific Lutheran University in 1961, and the Distinguished Service Award from LBI in 1970.

His service included the following:

-Pastor, First Lutheran, Prince Albert, Saskatchewan, Canada
-Professor at Lutheran Bible Institute, Minneapolis, Minnesota
-Dean and President, Lutheran Bible Institute, Seattle
-Associate Pastor, First Lutheran of Richmond Beach, Seattle
-Associate in Pastoral Care, Bethel of Shoreline, Seattle
-Visitation Pastor, Central, Everett

Dr. Stime retired in 1976, and was a member of First Lutheran of Richmond Beach in Seattle. He is survived by his wife, Trudy, and his children, Randolph, Nathan, Timothy, Eunice, and Victor.

'merry heart doeth good like a medicine'

Jean Denton

"Don't take life so seriously-you won't get out of it alive!" So reads a sign on my bulletin board at work. Is that fitting for a church? Is it fitting for a nurse's office where people come to tell of their pain and hurt? I believe it is uniquely fitting—for a Christian nurse's. Let me tell you why.

Humor, the ability to gain a different perspective of something incongruous, is a gift given-as far as we know-only to human beings. Humor doesn't exist in the "real world": it exists uniquely in a person's mind. What tickles one person's funnybone doesn't tickle another's. Humor is a mental experience that often results in smiling and laughter, behaviors which have beneficial physiological results. This mental experience has physiological ramifications and offers another example of our mind-body-spirit connectedness.

Hearty laughing has been called "internal jogging." After the uncontrolled contraction of muscles in laughing (or even the coordinated contraction of the 15 muscles that we use in smiling), our bodies' other muscles relax, letting go stored up tension and anxiety. Major body systems get exercise, particularly the cardiovascular system. After a brief rise, blood pressure and pulse rate come down. Being relaxed helps us sleep better and have more tolerance for stress in our lives. Norman Cousins, former editor of *Saturday Review*, wrote the best seller *Anatomy of an Illness as Perceived by a Patient* in which he details his experience using humor to change the course of his severely crippling disease. He surrounded himself with laughter, and discovered that ten minutes of hearty laughing gave him two hours of sleep and relief from pain.

Humor is now being used as a therapeutic technique in some hospitals, where the Marx Brothers and Charlie Chaplin can be seen on closed circuit television. Humor also forms the basis of some support groups for people with chronic illness. Laughter is indeed good medicine, without negative side effects. Gelotologists (or "jollytologists" as some prefer to be called) are studying humor and its effects at such prestigious institutions as Stanford, Rutger and Loma Linda University Medical Center.

Churches have had some bad press in regard to humor. Too often they are seen as somber places, where death and sin are the primary topics of discussion. Often people, even children, are expected to have sober faces during worship. Maybe many priests share the sentiment expressed by Fr. Martin Volter: "Sometimes when I'm celebrating mass, I feel like the only one who is celebrating." We seem to have edited St. Paul's admonition, "Let there be no . . . silly talk or levity," deleting the phrase, "which is not fitting."

We Christians have much to laugh about and are reminded of it so clearly in the Easter season. Imagine the joy in Jesus' heart to find himself alive again! Imagine the absurd incongruity of life winning the fight with death! What an incredible joke was played on the devil, the great deceiver! In earlier days, the Church celebrated Easter Monday, a practice being reclaimed in many churches today. The *Joyful Noiseletter*, a newsletter published by the Fellowship of Merry Christians, reported in May 1989 that churches in 24 states celebrated Easter Monday with "potlucks, ice cream socials, humorists, clowns, and games, marking the traditional day that the resurrected Christ laughed triumphantly at the devil." There is the divine folly in the Easter surprise!

"Laughter is God's therapy," said Malcolm Muggeridge. Even Thomas Aquinas in his *Summa Theologica* admonishes us to add laughter. May I share some thoughts on how to add humor to our lives? The ideas come from many wise sources. Consider theses:

-Read the comics and keep a scrapbook of your favorites. Seek out jokes and keep the ones you want to remember in a file. Watch funny movies. Listen to humorous audio cassettes or albums. Discover what makes *you* laugh. Pay attention to that and do more of it. Remember that "enjoy" is an active, not a passive, verb. And no one can enjoy for you. Enjoyment is a personal decision.

-Put a picture of yourself smiling on your desk or in your kitchen. Notice how you look when you smile. Study it. Then make a point of replicating that smile frequently. Your body doesn't know if you are smiling because you intend to or because of the mental experience called humor. (Fake it till you make it.)

-Do Familiar activities differently. Part your hair on the other side. Eat with your non-dominant hand. Go to work by a different route. Do something silly to open more possibilities of seeing life differently, thus being open to more playfulness and humor.

-Try a morning laugh. Some people will find this absurd, but isn't that what humor is all about? It's great to do with the family at breakfast or alone in from of the bathroom mirror. Place your hands on the back part of your hips, palms upward. Begin to laugh. Keep laughing, letting the laughter feed on itself. Let go for a few minutes, and stop when you're done. Then go about the rest of your morning routine.

-Join the Fellowship of Merry Christians. Annual membership dues of $16 include a subscription to their monthly newsletter, a copy of either Cal Salma's *The Joyful Christ* or Tal Bonham's *Treasury of Clean Church Jokes* and permission to user their cartoons, in your church's newsletter. (Call 1-800-877-2757, or write to FMC, Box 668, Kalamazoo, MI 49005.)

This limerick by Anthony Euwer seems to sum things up:

No matter how grouchy you're
feeling
You'll find the smile more or less
healing
It grows in a wreath
All around the front teeth
Thus preserving the face from
congealing.

Jean Denton is the Director of Parish Nursing at St. Paul's Episcopal Church, Indianapolis, Indiana. She is on the Service Council of the HMA.

NORTHWEST WASHINGTON SYNOD
5519 Phinney Ave. No.
Seattle, WA 98103-5899

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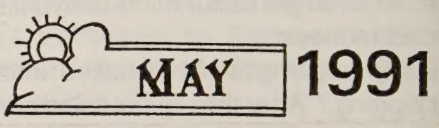
CALENDAR

MAY
16-17 Region I Multicultural Gathering, PLU
18 SYNOD COUNCIL, Glendale, Seattle, 9 am
18 Clergy spouse gathering, Bethel of Shoreline, 9:30 am-2 pm
27 HOLIDAY--SYNOD OFFICE CLOSED
28 Parish Education Committee, Prince of Peace No, Seattle, 7 pm

JUNE
4 Finance Committee, Prince of Peace No, Seattle, 6 pm
6 Executive Committee, Red Lion Hotel
7-9 SYNOD ASSEMBLY, Red Lion Hotel, Bellevue
9 SYNOD OFFICE CLOSED
12 Interim pastors luncheon, Synod Office, 11 am
15 Mutual Ministry Workshop, Trinity, Lynnwood, 8:30 am
15 Mission Development & Outreach Committee, 9:30 am
18 Cluster Deans, Synod Office, 10 am

JULY
8-11 LITE Summer Institute of Theology
20 SYNOD COUNCIL
23 Retirees and widows luncheon

Hewlett Library
Graduate Theological Union
2400 Ridge Road
Berkeley, CA 94709



CALLS ACCEPTED LP=Lead Pastor A=Associate Y=Youth Pastor

Jeffery R. Russell	Central, Everett	05/20/91

AIM APPOINTMENT(S) ACCEPTED

None this month

INSTALLATION(S)

Jeffery R. Russell	Central, Everett	06/02/91

ANNIVERSARIES

Trinity, Lynnwood	50th	05/05/91
St. Peter by the Sea,	25th	05/15/91
St. Andrew's, Bellevue	35th	05/19/91
Grace, Des Moines	35th	05/19/91

ORDINATION(S)

None this month

RESIGNATION(S)

Jeffrey R. Russell	Christ, Edmonds	05/13/91

RETIREMENT(S)

None this month

TRANSFER(S) IN/OUT OF SYNOD

Carl A. Jensen	to Eastern WA/Idaho Synod	02/15/91

CONGREGATIONS IN CALL PROCESS NV=New Vacancy Int=Interim CP=Congregational Profile I=Interviewing C=Calling

Bellingham, Central (Assoc)	I	Leonard Ericksen, Pastor
Edison, Bow	C	Paul Wietzke, Int
Kirkland, Trinity	I	Susan Kyllo, Int
Redmond, Faith (Assoc)	I	Terry Thomas, Pastor
Seattle, 1st/Rchmnd Bch(Assoc)	CP	Ray Lester/Jan Nesse
Seattle, Lakeridge	Int	Lothar Pietz, Int
Seattle, Magnolia	I	Vicki Morse, Int

PLEASE NOTE: IF YOUR CONGREGATION IS SEEKING A LAY PROFESSIONAL, PLEASE CONTACT THE SYNOD OFFICE. THANK YOU.